

CARB COUNTS

Thursday and Friday PM Breaks

Thursday, July 7 and Friday, July 8, 2022

FOOD	PORTION SIZE	CARBS
Frozen Mickey Bars	individually packaged	see label
Ice Cream Sandwiches	individually packaged	see label
Frozen Sugar Free Juice Bars	individually packaged	see label
Coffee/Decaf/Hot Tea	—	0
Unsweetened Iced Tea	8oz	0
Sugar Free Fruit Punch (Crystal Lite)	8oz	0
Regular Country Time Yellow Lemonade	8oz	16